



Labor and Delivery

[insert presenter info]

Objective

- **For parents to become knowledgeable about each phase of labor and delivery so that they can be a part of the decision-making process and confident as they approach birth**

Terminology

- **Lightening-** baby drops down into your pelvis.
- **Rupture of membranes** - the amniotic sac gets a hole
- **Presenting part** - the part of the baby that is pressing on the cervix
- **Engagement-** baby's head has passed through the upper pelvis into the lower pelvis

Terminology

- **Contraction- Shortening and tightening of the cervix**
- **Effacement - Thinning and shortening of the cervix**
- **Dilatation - Opening of the cervix**
- **Bloody Show - Small blood vessels rupture as the cervix begins to dilate**

Stages of Labor

- **1st Stage**

- **Pre-Labor**
- **Phase 1 - Early Labor**
- **Phase 2 - Active Labor**
- **Phase 3 - Transition**

- **2nd Stage- Pushing**

- **3rd Stage- Birth**

Pre-Labor

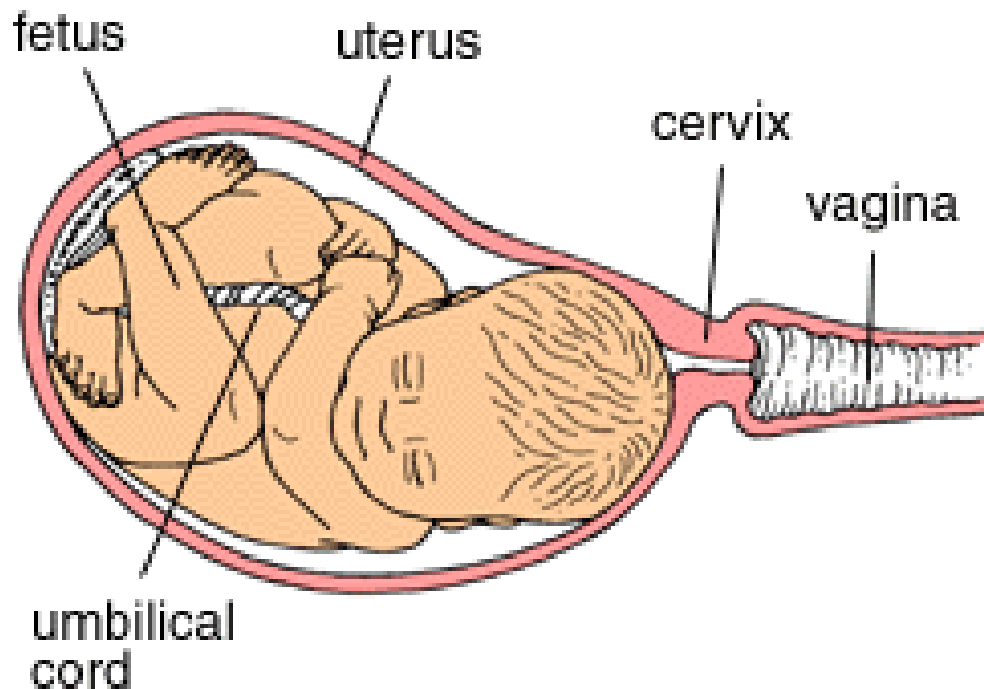
Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">♦ Duration: 0 hours to several days; May start & stop; Change of activity affects contractions.♦ Contractions: Increased Braxton-Hicks, some uncomfortable, may begin a pattern, then fade.	<ul style="list-style-type: none">♦ Abdominal or pelvic pressure, cramps, low backache.♦ Burst of energy or its opposite - laziness.♦ Nesting instinct.	<ul style="list-style-type: none">♦ Relax with contractions.♦ Breathe normally or try slow early labor breathing.♦ Don't overdo. This energy is for labor. Finish packing for hospital.♦ Eat small amounts of easily digested foods.	<ul style="list-style-type: none">♦ Daily practice of breathing & relaxation techniques.♦ Stay in close touch.♦ Help with meals & chores, last minute preparations for baby.

First Stage Labor – Phase 1: Early Labor

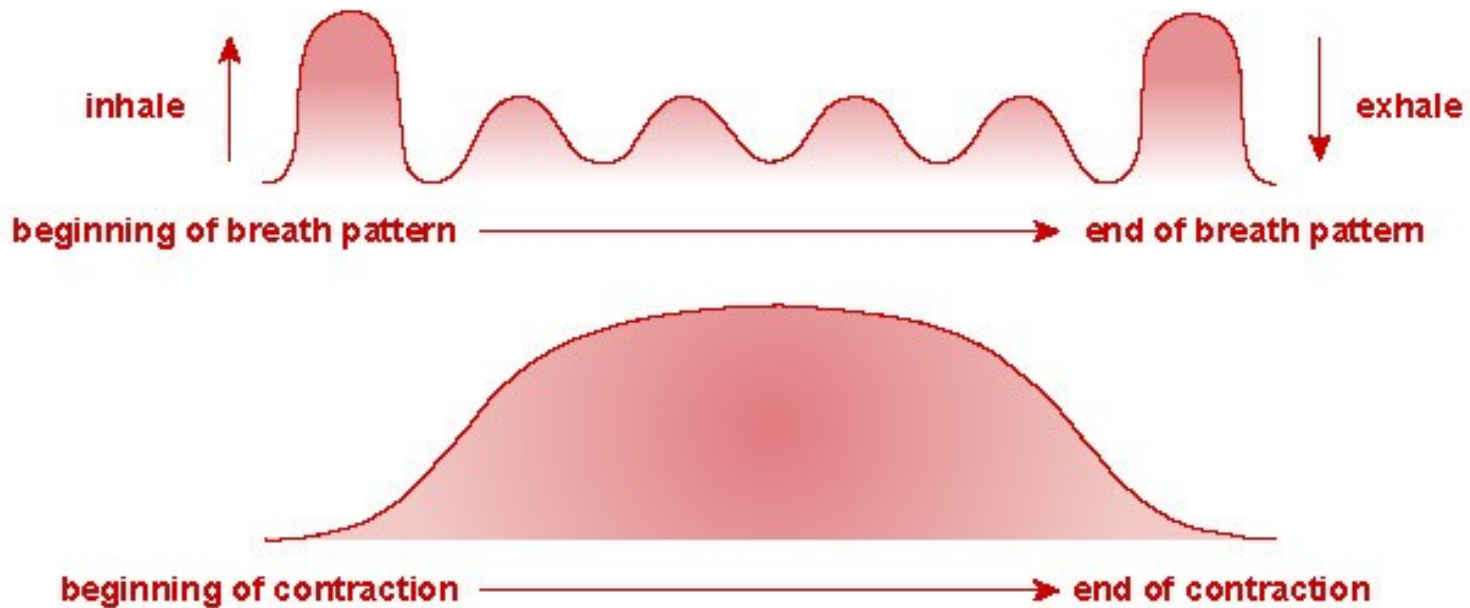
Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none"> ♦ Duration: ranges from 2 hrs to days. ♦ Birthing Progress: Cervix dilates to 4 cm. ♦ Contractions: Last 30-60 sec; are 5-15 min. apart, & are mild but definite; progressively longer, stronger, closer together 	<ul style="list-style-type: none"> ♦ Bubbly, excited. A little stage fright. ♦ Wish to tell the world. ♦ Gradually less sociable, more serious, beginning to realize it's work. 	<ul style="list-style-type: none"> ♦ Enjoy this! You know your cues. Normal light activity, plenty of rest. ♦ Relax & breathe thru contraction. Use good position. ♦ Call the L&D unit. ♦ Clear liquids, if allowed. Light small snacks. 	<ul style="list-style-type: none"> ♦ This phase is usually spent at home & you will need to be in close contact in case she needs you. ♦ Extra rest for you too. ♦ Call sitter for older children to say contractions have started. ♦ Check for relaxation. ♦ Start coaching breathing exercises

Stage 1 - Phase 1

initial (latent) phase



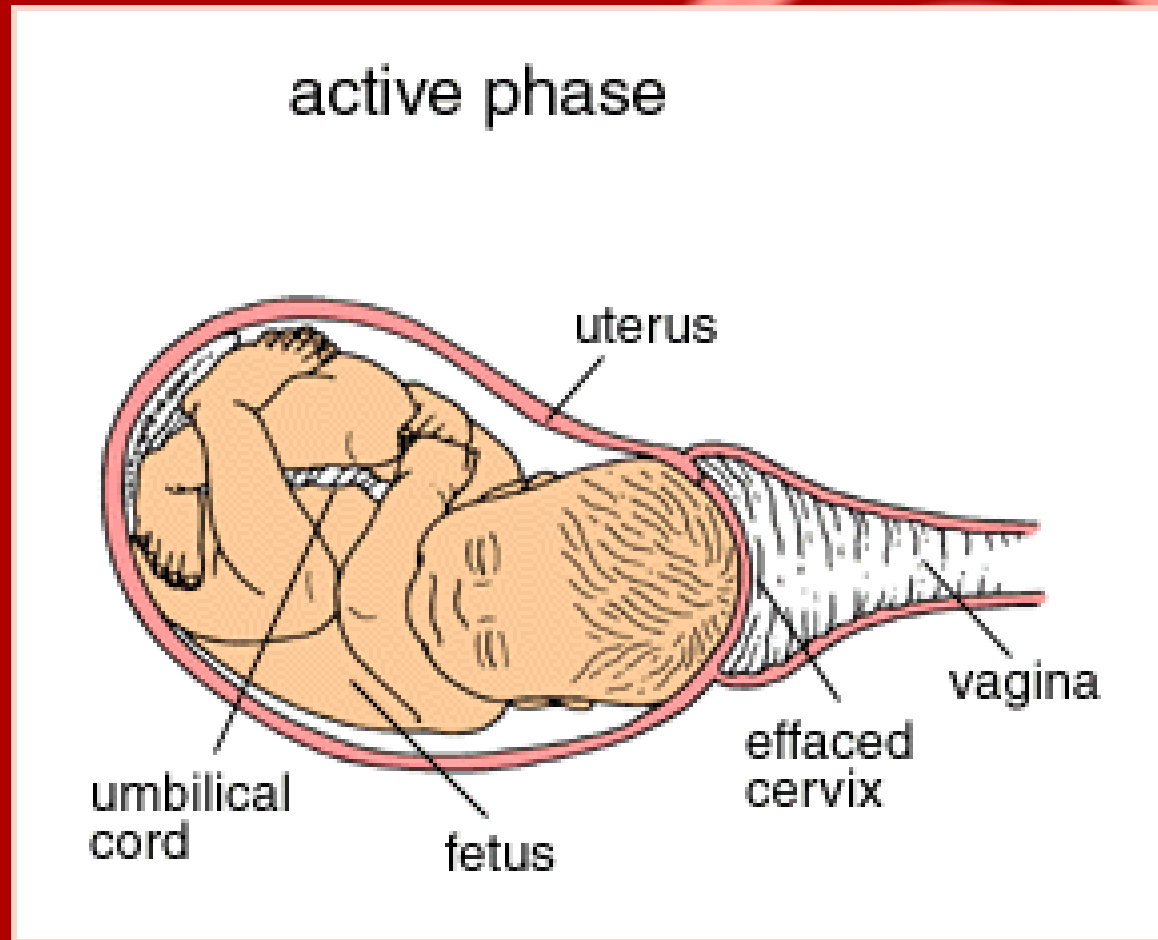
For Early Labor (1st Phase Breathing)



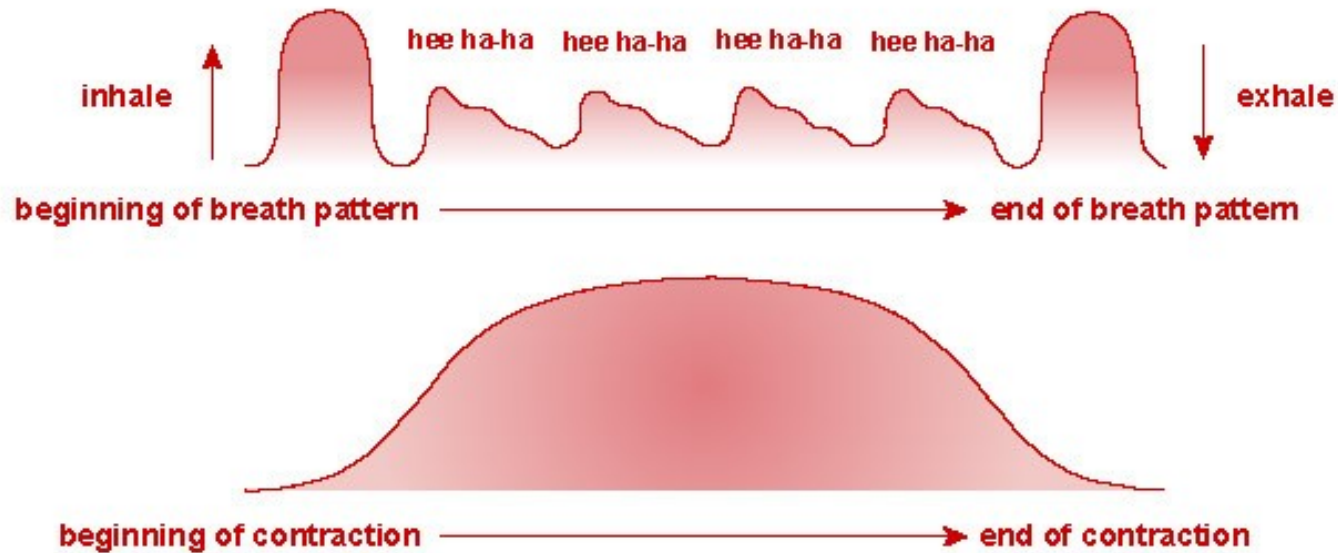
First Stage Labor – Phase 2: Active Labor

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none"> • Duration: 4-8 hrs. • Birth Progress: Cervix dilates from 4 to 8 cm. • Contractions: Last 45-75 sec. & are 3-5 min. apart; quite strong, peak more quickly. 	<ul style="list-style-type: none"> • Working very hard. Serious, need to concentrate. • Intense pressure with contractions. • Vaginal bleeding. Backache may intensify or vanish. • Very self-centered. 	<ul style="list-style-type: none"> • Focal point away from traffic pattern in room. • Switch to focused breathing. • Change position. • Walk or shower if possible. • Try squatting or sitting on exercise ball. 	<ul style="list-style-type: none"> • Time contractions. Talk her thru them. • Check for relaxation & help her to relax. • Help her change positions often. • Tell nurses if she has urge to push. • Massage.

Stage 1 - Phase 2



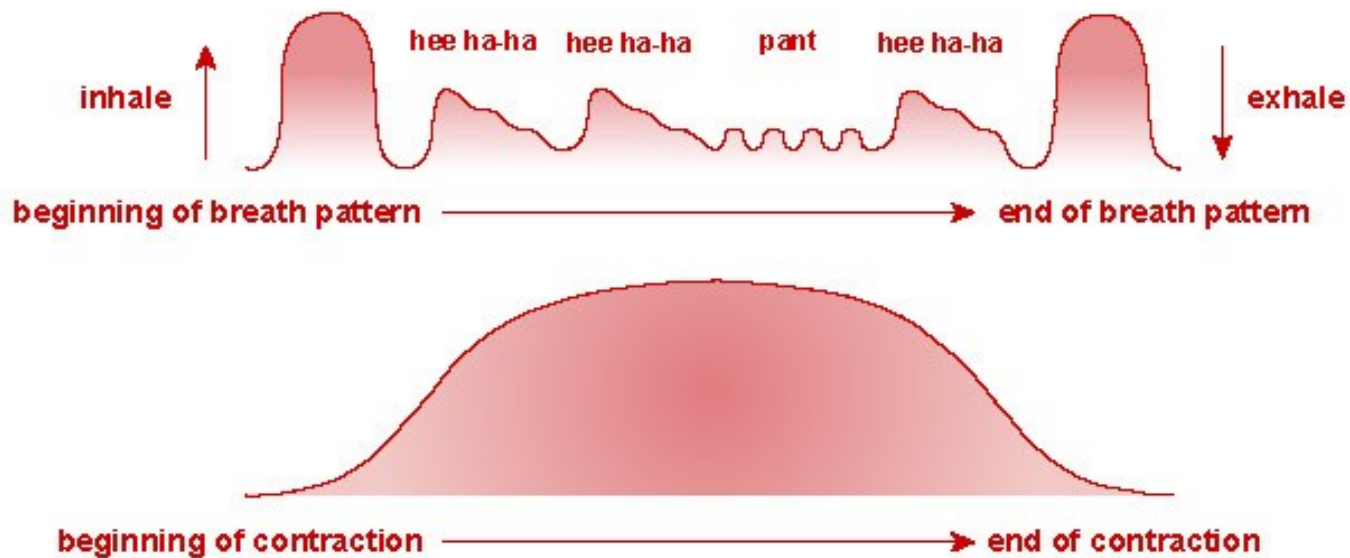
For Active Labor (2nd Phase Breathing)



First Stage Labor – Phase 3: Transition

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none"> • Duration: 15 min to 1½ hours. • Birth Progress: Cervix dilates 7-8 to 10 cm. • Contractions: 60-90 sec. long, 2-3 min. apart. Very strong, tremendous pressure, may have more than one peak. 	<ul style="list-style-type: none"> • Confused, irritable, not wanting to be touched, afraid of losing control. • Increased rectal pressure. • More vaginal discharge caused by descent of baby. • Increased backache as baby descends. 	<ul style="list-style-type: none"> • Switch to transition breathing pattern; take each contraction at a time. • DON'T push! Pant or blow till urge has passed. • Concentrate on relaxing, especially between contractions. • Try to keep breathing slow - no hyperventilating 	<ul style="list-style-type: none"> • Be firm in coaching, never mind her mood. She'll thank you later. • Put your face about 10 inches in front of her face & do breathing exercise if she is having difficulty in maintaining control & breathing. • Coach her to pant or blow if she starts to push & call nurse. • Cold cloth for face, lips, & mouth.

Transition Breathing



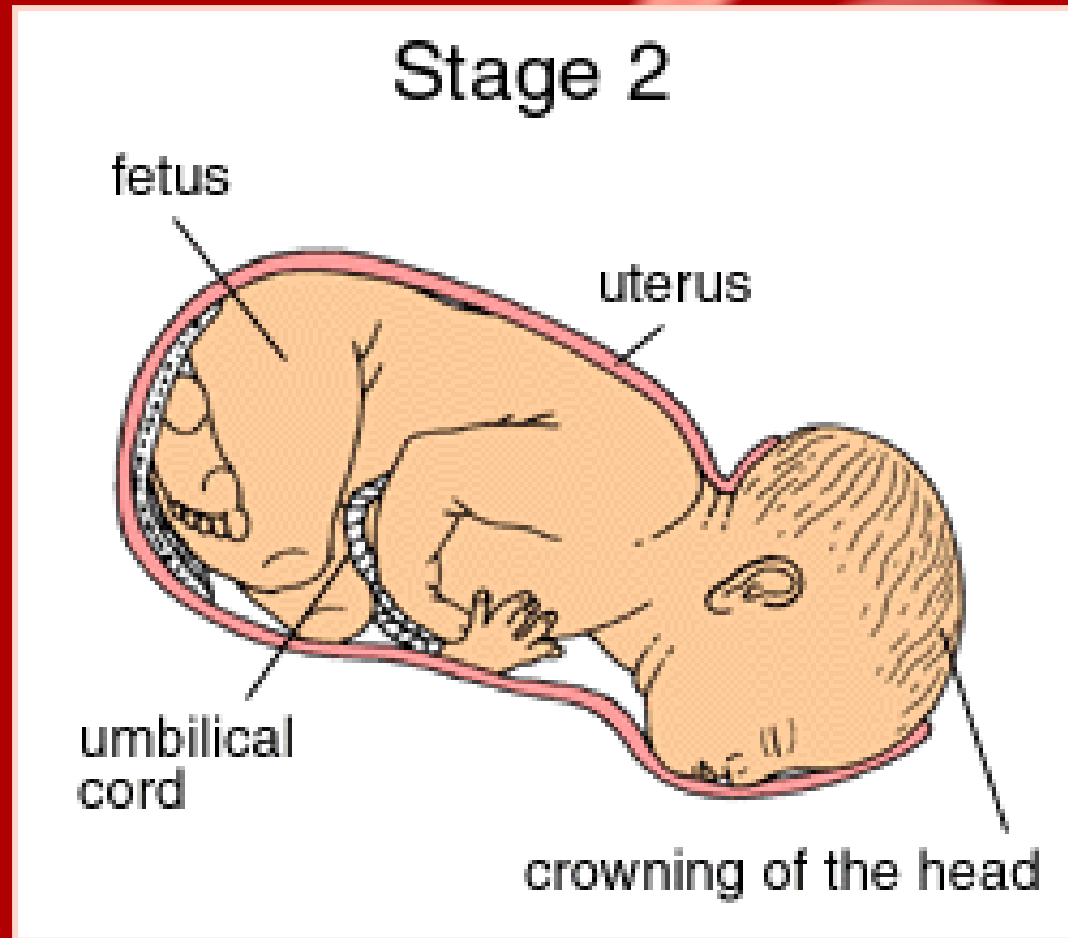
Second Stage Labor - Pushing

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">♦ Duration: Varies greatly - 2 pushes to 2 hrs.♦ Birth Progress: Pushing the baby down the birth canal & out into the world.	<ul style="list-style-type: none">♦ Urge to push varies, usually strong.♦ Great relief to push.♦ May feel uncertain at first but you soon get into it.	<ul style="list-style-type: none">♦ Two cleansing breaths, long sustained pushes, & rest between contractions.♦ Listen closely to coaching from team.	<ul style="list-style-type: none">♦ Remind her of cleansing breaths at beginning & end of each contraction.♦ Let her rest/sleep between contractions.♦ Give ice chips between pushes.♦ Coach firmly.

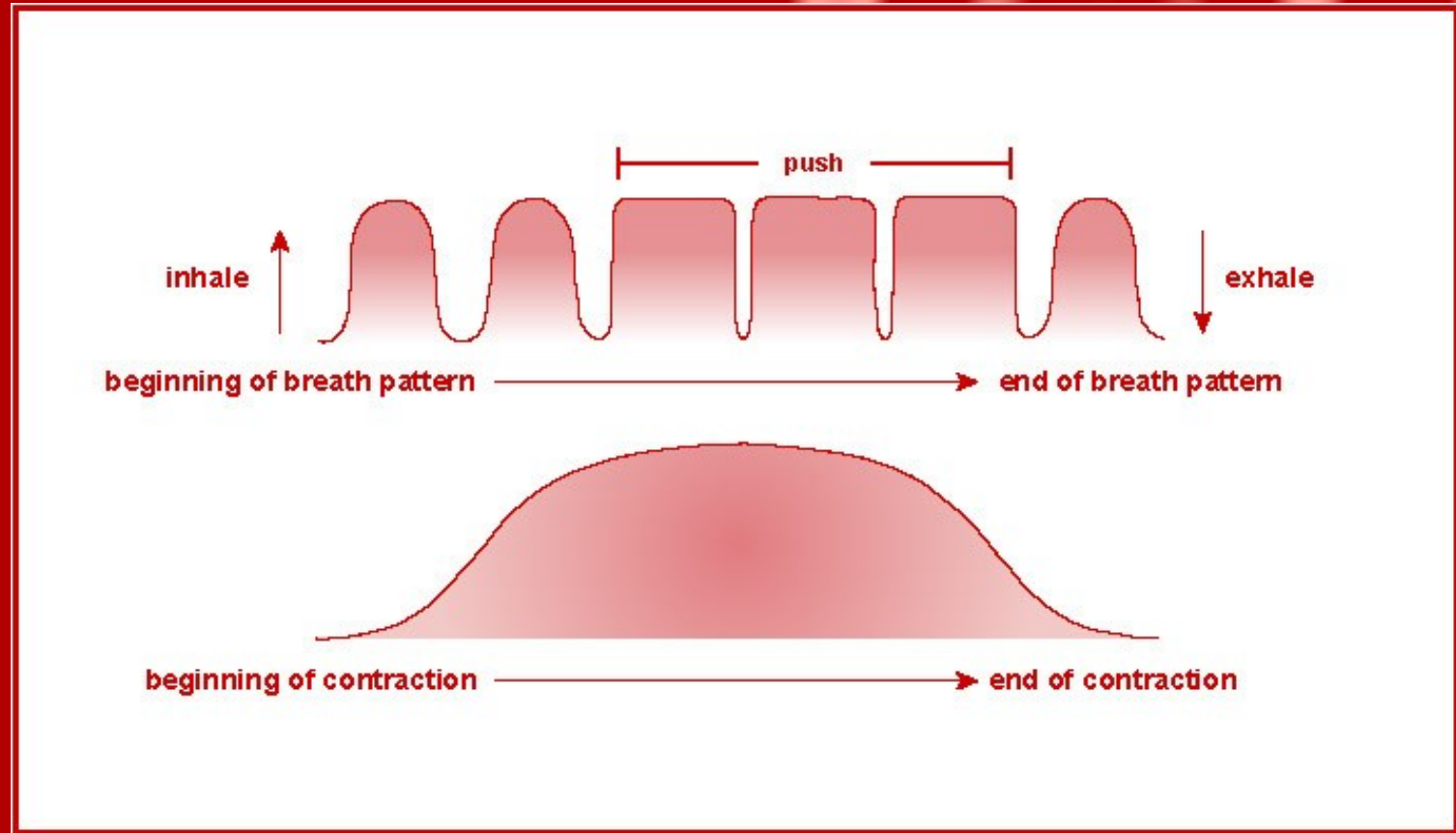
Second Stage Labor – Pushing cont.

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">♦ Contraction: Last 60-90 sec. & 2-5 min. apart, peak more slowly than transition contractions, may have more rest between.	<ul style="list-style-type: none">♦ Alertness returns, new burst of energy.♦ Back pain may vanish or return.♦ Great pressure in rectum. Stretching, stinging sensation around vagina as crowning approaches; numb for birth of baby.♦ Actual feel of baby emerging is warm & pleasant relief!	<ul style="list-style-type: none">♦ Pushing harder may help you to cope with pain.♦ Release perineum as completely as you can and think "Open, baby out!"♦ Lie back & pant or blow for birth of baby's head.♦ Push as directed for baby's shoulders.	<ul style="list-style-type: none">♦ Remind her to "Relax her bottom".♦ Support head & shoulders to watch baby emerge.♦ Look to see WHO'S HERE!♦ Get the camera out & ready for first shot of new baby.♦ Welcome your baby into the world!

Stage 2- Pushing



Coached Breathing

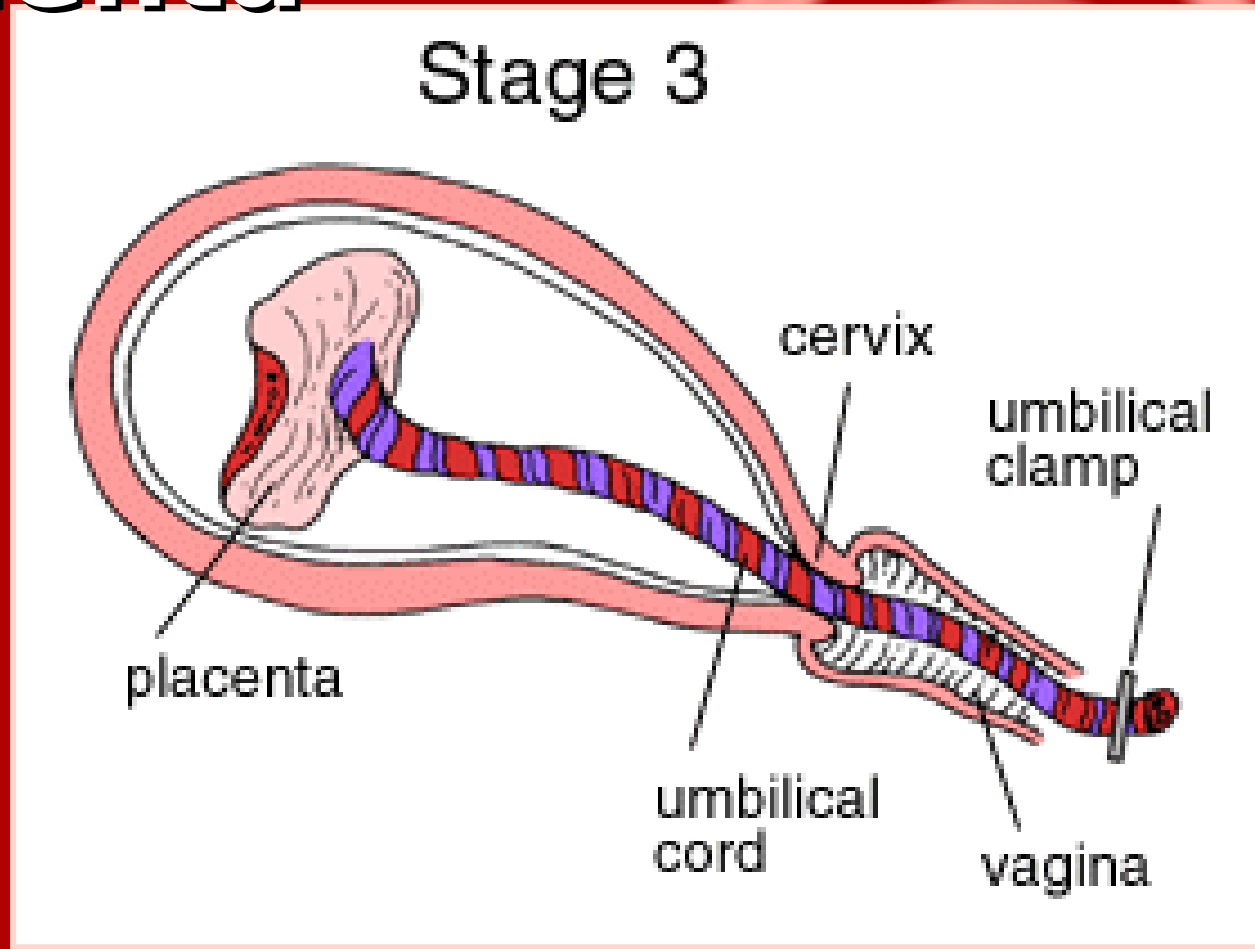


Third Stage Labor

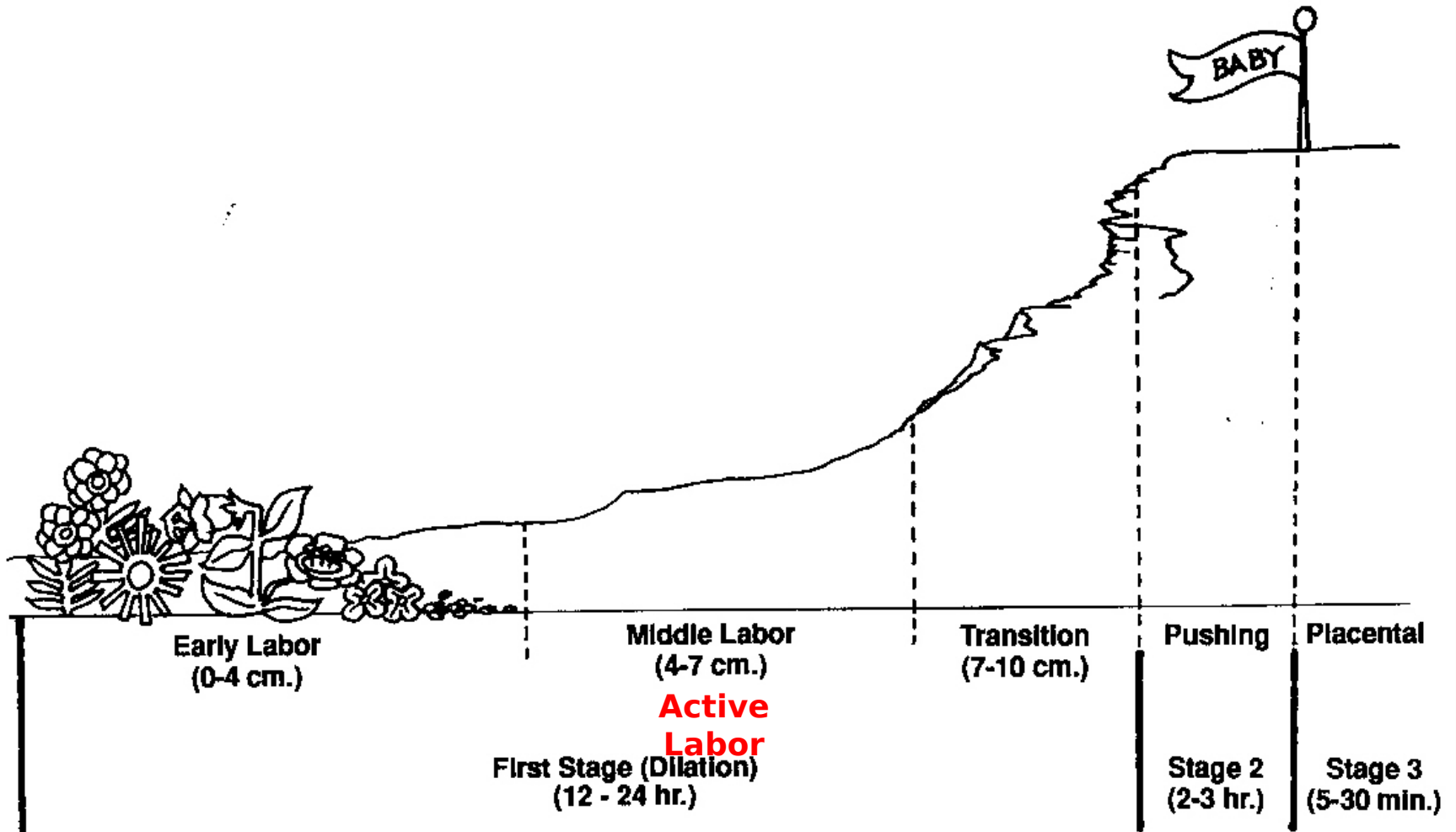
(includes time from baby's birth to expulsion of the afterbirth)

Characteristics	What You May Feel	Helping Yourself	Coach's Help
<ul style="list-style-type: none">• Duration: up to 30 min.• Birthing Progress: Afterbirth comes out (placenta, membrane, cord)• Contractions: Few mild ones.	<ul style="list-style-type: none">• May or may not notice contractions.• Chilled, shivery, impatient.• Overwhelmed & overjoyed!	<ul style="list-style-type: none">• Respond to coaching.• Nursing baby stimulates your uterus to contract.• Concentrate on your baby.	<ul style="list-style-type: none">• Reinforce instructions.• Enjoy watching or holding your baby.• Stay near until she is ready to rest.

Stage 3- Birth of the Placenta



Stages of Labor- Summary





Acknowledgements/Reference S

- **VA/DoD Uncomplicated Pregnancy Clinical Practice Guidelines (December 2000)**
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